

Summer 2024 Reading and Language Arts Assignments

Students Entering Grade 7 at St. Ignatius Loyola

Students entering grade 7 in September 2024 are responsible for completing three assignments over the summer. Each assignment aligns with a core standard in the English language arts curriculum (speaking and listening, reading informational text, reading literary text, and writing.) These assignments provide an opportunity for students to practice their skills and demonstrate their understanding of works of literature and selected pieces of informational text that align with the curriculum in various subject areas.

Speaking and Listening:

Students should choose one of the selected poems and commit it to memory. Students may choose either “Be The Best Of Whatever You Are” by Douglas Malloch **OR** “Touching The Sky” by Shreya D. Chattree (see attached). They should be prepared to recite the poem when they return to school and will be scored using an oral presentation rubric. The recitation will be evaluated on the following: enunciation and pronunciation, memorization, ability to convey meaning, and overall presentation (including eye contact and ability to be heard). Students will also be discussing the poem and answering questions about its elements and message during Lit class during the first few weeks of school.

Reading Informational Text and Writing Across the Curriculum: Read the selection “For Teens, A Good Mood Depends On Good Sleep” from the CommonLit website (attached) and answer the questions that follow. Question #5 must be answered in paragraph form and follow all grammar, spelling, and punctuation rules. Print the selection and the questions and bring the completed packet back to school on the first day. Extra copies will be available in the school office during summer hours, if needed.

Reading Literary Text:

All incoming 7th-grade students will read The Giver by Lois Lowry over the summer break. Students should be prepared to discuss the novel when they return to school and will be assessed soon after. Work during the first two to three weeks of school will be centered around the novel.

Be The Best Of Whatever You Are

by Douglas Malloch

If you can't be a pine on the top of the hill, Be a scrub in the valley — but be
The best little scrub by the side of the rill; Be a bush if you can't be a tree.

If you can't be a bush be a bit of the grass, And some highway happier make;
If you can't be a muskie then just be a bass — But the liveliest bass in the lake!

We can't all be captains, we've got to be crew, There's something for all of us here,
There's big work to do, and there's lesser to do, And the task you must do is the near.

If you can't be a highway then just be a trail, If you can't be the sun be a star;
It isn't by size that you win or you fail —
Be the best of whatever you are!

Source: [familyfriendpoems.com/poem/128277](https://www.familyfriendpoems.com/poem/128277)

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Touching The Sky

© Shreya D. Chattree

Come for me, sweet tomorrow.
Help me touch the sky.
Like a well-learned bird opens its wings, I, too, want to fly high.
Don't let the darkness of yesterday
Blind my vision to evolve.
Coming out of the bitterness of the past, Help me let my flaws absolve.
Make me like a rainbow,
The colours mingled together,
But all of them in show.
Help me discover my hidden talents
And pull myself together with efforts gallant. Let me be a beacon of goodness
For the people I meet.
Help me hear the music of life
And follow every beat.
Come for me, sweet tomorrow.
Help me touch the sky;
Like a well-learned bird opens its wings, I, too, want to fly high.

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Name: Class:

For Teens, A Good Mood Depends on Good Sleep *Sleeping less*

than eight hours — or more than 10 — makes teenagers feel worse the next day

By Meenaskshi Prabhune
2017

How many hours of sleep do you get a night? Likely not as much as Andrew Fuligni finds teenagers should get in his new study. In this informational text, Meenaskshi Prabhune discusses how many hours of sleep teenagers should get each night to be at their best the next day. As you read, take notes on why teenagers may not be getting enough sleep.

[1] For families with teenagers, school nights may fall into a familiar pattern. Parents urge their kids to go to bed early. But teens would rather stay up late. Maybe they have homework or want to spend time with friends. Or maybe it's just hard to fall asleep. But a new study confirms that adolescents¹ need eight to 10 hours of sleep at night to feel their best the next day.



As kids reach adolescence, they often face increasing workloads and responsibilities. But they are not yet adults. Their bodies and brains are still changing. As a result, "Their sleep needs are like that of a developing ["Untitled"](#) by minh đô is licensed under CC0.

child," says Rafael Pelayo. He is a sleep doctor at the Stanford Center for Sleep Sciences and Medicine in California. He was not involved in the new study.

"Adolescence is sometimes referred to as the 'perfect storm' of problems of sleep," says Pelayo. On the one hand, teens need regular sleep to be mentally and physically healthy. But their internal clocks² shift during this period. Their bodies want to stay awake later at night and sleep later in the morning. School still starts early, though. As a result, Pelayo estimates that 80 to 90 percent of teens do not get enough sleep.

That missed sleep has consequences.³ Sleep-deprived kids are more prone⁴ to mental and physical illnesses. Sleepy drivers face a heightened risk of car accidents — the top cause of teenage death. But too much sleep can have its own problems, such as leaving teens with a sour mood upon waking.

1. **Adolescent (noun)** a young person in the process of developing from a child into an adult
2. a system in the body that controls when a person sleeps, eats, and performs other necessary functions
3. **Consequence (noun)** something that happens as a result of an action or set of conditions
4. **Prone (verb)** more likely to suffer from something

Sleep affects mood

[5]

Andrew Fuligni studies the mental health of adolescents at the University of California, Los Angeles. He wanted to understand which sleep habits help teens feel and perform their best. To find out, his team surveyed 419 students. Each was between the ages of 13 and 19. Every day for two weeks, these volunteers recorded when they fell asleep and woke up. They also rated their moods and feelings the next day, such as their happiness, anxiety and pain.

Most students reported good moods after a night of eight to 10 hours of sleep. “Too much sleep and too little sleep are both extremes,” says Pelayo. And both were linked with problems.

Within that eight-to-10-hour range, older kids seemed to need the least sleep. “A 17- or 18-year-old does not need as much sleep as a 14-year-old in order to function on a daily basis,” Fuligni found. But, he adds, “They still need a sizeable amount of sleep.”

The team published its findings August 18 in the *Journal of Clinical Child and Adolescent Psychology*.

Even among kids the same age, everyone needed a slightly different amount of sleep to feel good. One reason could be health issues that differ among them. For instance, in the new study, kids with anxiety and depression seemed to need more sleep to function well.

[10]

Sleep is a lot like appetite, Pelayo says. Just as people eat different amounts of food daily, sleep patterns between healthy people also may differ.

Choosing snoozing

Biologically,⁵ kids’ bodies shift toward a later schedule during the teenage years. “They become more like night owls and less like early risers,” says Fuligni. But despite the change in their internal body clocks, school start times and other schedules don’t change.

“We have set up a system that’s very difficult for many teenagers and some kids who might be at risk of mental and behavioral health problems,” he concludes.

One way to help teens get enough sleep is to have school start later. Some school districts have already done this. They’ve found that the later times let kids sleep more. They also have seen fewer car accidents, higher test scores and better graduation rates. Because of this, California lawmakers are trying to change school start times in their state. If they succeed, California middle and high schools could start no earlier than 8:30 a.m.

But until schools change their start times, teenagers have to help themselves. Pelayo suggests teens sleep for 10 hours each night for a week or two. This will help them figure out how much sleep they need to feel their best.

5. related to the science of the body

[15] Sleeping more on weekends to make up for missing sleep during the week isn't a good idea, though. Fuligni warns that getting different amounts of sleep each night can be bad for mental health.

Pelayo agrees. "The amount of sleep you get on weekdays and weekends should be the same," he says. We don't starve ourselves of food on weekdays and gorge on weekends, he points out. We shouldn't do that with sleep either.

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Text-Dependent Questions

Directions: For the following questions, choose the best answer or respond in complete sentences.

1. Which statement best expresses the central idea of the text?
 - A. Older teenagers function better during the day if they are allowed to take several short naps.
 - B. Adults require 8-10 hours of sleep a night to remain healthy, while teenagers require even more sleep.
 - C. Depending on their age and personal needs, teenagers require about 8-10 hours of sleep a night to stay healthy.
 - D. When teenagers fall asleep, their unique biology prevents them from staying asleep for the recommended 8-10 hours.

2. Which quotation best provides a reason why teenagers struggle to get enough sleep?
 - A. "Sleep-deprived kids are more prone to mental and physical illnesses." (Paragraph 4)
 - B. "A 17- or 18-year-old does not need as much sleep as a 14-year-old in order to function on a daily basis," Fuligni found." (Paragraph 7)
 - C. "despite the change in their internal body clocks, school start times and other schedules don't change." (Paragraph 11)
 - D. "Sleeping more on weekends to make up for missing sleep during the week isn't a good idea, though." (Paragraph 15)

3. How does paragraph 13 contribute to the development of ideas in the text?
 - A. It shows how easy it is for schools to allow teenagers to sleep longer.
 - B. It emphasizes the positive outcomes of starting school later for teenagers.
 - C. It points out how uncommon it is for teenagers to go to school later in the U.S.
 - D. It explains why many states are hesitant to start school at a later time.

4. What is the author's main purpose in the text?
 - A. to argue that all schools should start later in the day
 - B. to warn teens about the dangers of staying up late
 - C. to compare the sleep patterns of teens and adults
 - D. to explore what the right amount of sleep is for teenagers

5. What is the relationship between teenagers' internal clocks and school schedules? Use evidence from the text in your answer.
